

THE WAY of Intelligence



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From the book *Pronoia is the antidote for paranoia. How the whole world is conspiring to shower you with blessings* by Rob Breznsny (used with permission)

Thousands of things go right for you every day, beginning the moment you wake up. Through some magic you don't fully understand, you're still breathing and your heart is beating, even though you've been unconscious for many hours. The air is a mix of gases that's just right for your body's needs, as it was before you fell asleep.

You can see! Light of many colors floods into your eyes, registered by nerves that took God or evolution or some process millions of years to perfect. The interesting gift of these vivid hues comes to you courtesy of an unimaginably immense globe of fire, the sun, which continually detonates nuclear reactions in order to convert its body into light and heat and energy for your personal use.

Did you know that the sun is located at the precise distance from you to be of perfect service? If it were any closer, you'd fry, and if it were any further away, you'd freeze. here's another one of the sun's benedictions: It appears to rise over the eastern horizon right on schedule every day, as it has since long before you were born.

Do you remember when you were born, by the way? It was a difficult miracle that involved many people who worked hard on your behalf. No less miraculous is the fact that you have continued to grow since then, with millions of new cells being born inside you to replace the old ones that die. All of this happens whether or not you ever think about it.

On this day, like almost every other, you have awoken inside a temperature-controlled shelter. You have a home! Your bed and pillow are soft and you're covered by comfortable blankets. The electricity is turned on, as usual. Somehow, in ways you're barely aware of, a massive power plant at an unknown distance from your home

is transforming fuel into currents of electricity that reach you through mostly hidden conduits in the exact amounts you need, and all you have to do to control the flow is flick small switches with your fingers.

You can walk! Your legs work wonderfully well. Your heart circulates your blood all the way down to replenish the energy of the muscles in your feet and calves and thighs, and when the blood is depleted it finds its way back to your heart to be refreshed. This blessing recurs over and over again without stopping every hour of your life.

Your home is perhaps not a million-dollar palace, but it's sturdy and gigantic compared to the typical domicile in every culture that has preceded you. The floors aren't crumbling, and the walls and ceilings are holding up well, too. Doors open and close without trouble, and so do the windows. What skillful geniuses built this sanctuary for you? How and where did they learn their craft?

In your bathroom, the toilet is functioning perfectly, as are several other convenient devices. You have at your disposal soaps, creams, razors, clippers, tooth-cleaning accessories: a host of products that enhance your hygiene and appearance. you trust that unidentified scientists somewhere tested them to be sure they're safe for you to use.

Amazingly, the water you need so much of comes ;out of your faucets in an even flow, with the volume you want, and either cold or hot as you desire. It's pure and clean; you're confident no parasites are lurking in it. There is someone somewhere making sure these boons will continue to arrive for you without interruption for as long as you require them.

Look at your hands. They're astounding creations that allow you to carry out hundreds of tasks with great force and intricate grace. They relish the pleasure and privilege of touching thousands of different textures, and they're beautiful.

In your closet are many clothes you like to wear. Who gathered the materials to make the fabrics they're made of? Who imbued them with colors, and how did they do it? Who sewed them for you?

In your kitchen, appetizing food in secure packaging is waiting for you. Many people you've never met worked hard to grow it, process it, and get it to the store where you bought it. The bounty of tasty nourishment you get to choose from is unprecedented in the history of the world.

Your many appliances are working flawlessly. Despite the fact that they feed on electricity, which could kill you instantly if you touched it directly, you feel no fear that you're in danger. Why? Your faith in the people who invented, designed, and produced these machines is impressive.

It's as if there's a benevolent conspiracy of unknown people that is tirelessly creating hundreds of useful things you like and need.

There's more. Gravity is working exactly the way it always has, neither pulling on you with too much or too little force. How did that marvel ever come to be? By some prodigious, long-running accident? It doesn't really matter, since it will continue to function with astounding efficiency whether or not you understand it.

Meanwhile, a trillion other elements of nature's miraculous design are expressing themselves perfectly. Plants are growing, rivers are flowing, clouds are drifting, winds are blowing, animals are reproducing. The weather is an interesting blend of elements you've never before experienced in quite this combination. Though you may take it for granted, you relish the ever-shift-

ing sensations of light and temperature as they interact with your body.

There's more. You can smell odors and hear sounds and taste tastes, many of which are quite pleasing. You can think! You're in possession of the extraordinary gift of self-awareness. You can feel feelings! Do you realize how improbably stupendous it is for you to have been blessed with that mysterious capacity? And get this: You can visualize an inexhaustible array of images, some of which represent things that don't actually exist. How did you acquire this magical talent?

By some improbably series of coincidences or long-term divine plan, language has come into existence. Millions of people have collaborated for many centuries to cultivate a system for communication that you understand well. Speaking and reading give you a great pleasure and a tremendous sense of power.

Do you want to go someplace that's at a distance? You have a number of choices about what machines to use in order to get there. Whatever you decide--car, plane, bus, train, subway, ship, helicopter, or bike--you have confidence that it will work efficiently. Multitudes of people who are now dead devoted themselves to perfecting these modes of travel. Multitudes who are still alive devote themselves to ensuring that these benefits keep serving you.

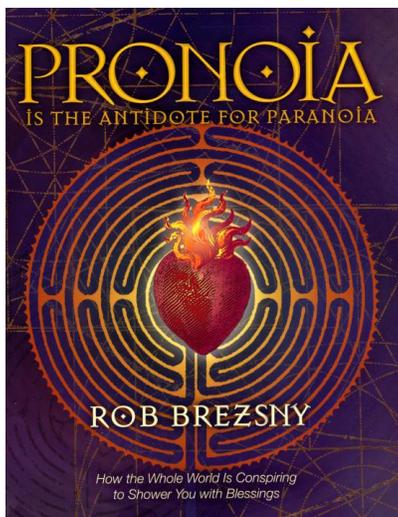
Maybe you're one of the hundreds of millions of people in the world who has the extraordinary privilege of owning a car. It's a brilliant invention made by highly competent workers. Other skilled laborers put in long hours to extract oil from the ground or sea and turn it into fuel so you can use your car conveniently. The roads are drivable. Who paved them for you? The bridges you cross are potent feats of engineering. Do you realize how hard it was to fabricate them from scratch?

You're aware that in the future shrinking oil reserves and global warming may impose limitations on your ability to use cars and planes and

other machines to travel. But you also know that many smart and idealistic people are diligently striving to develop alternative fuels and protect the environment. And compared to how slow societies have been to understand their macrocosmic problems in the past, your culture is moving with unprecedented speed to recognize and respond to the crises spawned by its technologies.

As you travel, you might listen to music. Maybe you've got an MP3 player, a fantastic invention that has dramatically enhanced your ability to hear a stunning variety of engaging sounds at a low cost. Or maybe you have a radio. Through a process you can't fathom, music and voices that originate at a distance from you have been converted into invisible waves that bounce off the ionosphere and down into your little machine, where they are transformed back into music and voices for you to enjoy.

Let's say it's 9:30 a.m. You've been awake for two hours, and a hundred things have already gone right for you. If three of those hundred things had not gone right--your toaster was broke, the hot water wasn't hot enough, there was a stain on the pants you wanted to wear--you might feel that today the universe is against you, that your luck is bad, that nothing's going right. And yet the fact is that the vast majority of everything is working with breathtaking efficiency and consistence. You would clearly be deluded to imagine that life is primarily an ordeal.



*Pronoia is the
Antidote for
Paranoia*
by Rob Brezsny,

published by
Frog, Ltd.,
Berkeley

Our Websites

HarmonyWorkshop.com

Links to all our sites

TheWayofIntelligence.com

This newsletter, and copies of previous newsletters.

SanityIsland.com

Pages and pages of educational material, and some fun stuff, too.

PictureofMan.com

Diagrams and a step-by-step narrated video describing the Picture of Man.

AwarenessJournal.com

Newsletter archive.

ThePartyStory.com

What am I? Where am I? What's going on here? What can I do, if anything? One man's answers, available to anyone.

ThanXgiving.com

If you are bursting with gratitude about anything at all and want the world to know, post here.

Rhondell.com

The complete catalog of tapes and books by Rhondell.

"It is absurd to divide people into good and bad. People are either charming or tedious."

~Oscar Wilde

The Four Forces

1. Initiative

2. Resistance

3. Form

4. Result

JThere are four stages to all phenomena. Anything we initiate is always met by resistance. When resistance is met appropriately a form ensues. A form is something to respond to.

Let's take gratitude or "joy" (as Rhondell calls it in the workshop excerpt in this issue) and see how the Four Forces apply.

1. Let's say the economy (especially MY economy!) is sagging fast; the weather is unusually cold, or unusually hot, or even smoggier than ever. My husband/wife/boyfriend/kid is giving nothing but grief over trivia. Despite all this, I would like to experience joy. I MAKE UP MY MIND (an action) to generate joy within. It's work to do this, and there is a distinct difference between "thinking about it," "wishing" and actually DOING it. You know the feeling, there is a decided action or **initiative** MADE, not just hoped for.

2. **Resistance** rears its lovely head. Not only all the above unpleasantness is still there, but something tries to test your initiative to feel joyful. Maybe you just saw the latest "news at eleven" or got word of a sick relative, or your exhausted.

3. Your perseverance beyond these irritants will, absolutely will, if you have made up your mind, produce the **form** you willed, a joyful inner state. (You can call this a form because, of course, it is made up of the chemistry in your body, but also displays you differently to those around you, not to mention your own gorgeous face in the mirror.)

4. The **result** of your new form, a joyful inner state, can be all kinds of things. First of course, you feel better! We live in what we radiate, and that joy emanates from us, and can have effects we don't even know about... others pick it up, feel good, at least for a little while (unless they initiate their own inner state, which few do).

It's fun, not to mention good practice, to look at the world around us and identify the Four Forces in action. You will find very little personal Initiative, lots of Resistance, plenty of Form and Result, although a lot of the Result you see will be reaction, not response.

Axioms

by Rhondell, c. 1984

- It takes about 30 days to teach a person to end disintegration in self and to be capable of teaching others to do likewise. It takes years for a person to discover that what he or she thinks they know is in the way.
- The disintegrating individual fights to convince others that fancies are fact.
- Many months of valuable time is wasted by the person before they become a student in fact, by trying to evaluate the facts because they are presented by another human.
- The ego (Not-I's) tells the prospective student that he or she is the greatest. that they are extremely capable of evaluating everything and every person.
- To put aside all one "knows" for thirty days and be as one not knowing is difficult but necessary to BE a student of personal integration. This is not harmful because if one wishes to, the "known" can always be picked up and used. It won't rust from thirty days non-use.
- What difference does it make whether the teacher was a demigod, from another plane, rich or poor, black, brown, white, red, yellow or some other color, a meat-eater, a vegetarian, or something else? Was his message factual? Would it lead to culture, or confusion? There is only one way to discover. Find out in one's own life, in one's own daily living.
- Those with an ax to grind or a past to defend seldom can be free to be a student.
- Freedom must be at the beginning, not the end. Freedom to put aside what one knows. Freedom to look and see NOW! ONLY IN THIS WAY IS DISCOVERY POSSIBLE.
- It has been said that it is extremely difficult for a rich man to enter the kingdom of heaven (integration) and that one must become as a little child. Riches is anything a person depends on or has accumulated or protects: ideas, opinions, viewpoint, ego, etc.
- To be as a "little child" is to be NOT KNOWING and teachable, to be inquiring instead of defending, protecting the self, etc. What could possibly be lost in doing this?

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Wisdom Wall

"Some people argue that life is strife and suffering is normal. others swear we're born sinful and only heaven can provide us with the peace that passes understanding. But pronoia says that being alive on the rough green and brown earth is the highest honor and privilege. it's an invitation to work wonders and perform miracles that aren't possible in any nirvana, promised land, or afterlife. I'm not exaggerating or indulging in poetic metaphor when I tell you that we are already living in paradise. Visualize it if you dare. The sweet stuff that quenches all of our longing is not far away in some other time and place. it's right here and right now. Poet Elizabeth Barrett Browning knew the truth: 'Earth's crammed with heaven.'" ~Rob Brezsny

"Pronoia is fueled by a drive to cultivate happiness and a determination to practice an aggressive form of gratitude that systematically identifies the things that are working well." ~Rob Brezsny

"How did hopelessness come to be regarded as a mark of sophisticated realism? Why are Things Falling Apart thought to be inherently more gripping than Things Being Reborn?" ~Rob Brezsny

"We Are In Fact Living Through the Apocalypse Right Now. But it's nothing like the end of the world visualized by any of the usual suspects. It's different in four ways:

1. It's a slow, gradual apocalypse.
2. The apocalypse is usually invisible, erupting into our conscious awareness only on rare occasions.
3. The apocalypse is as much about rebirth as collapse.
4. The primary way most of us experience the apocalypse is through the intimate events of our personal lives.

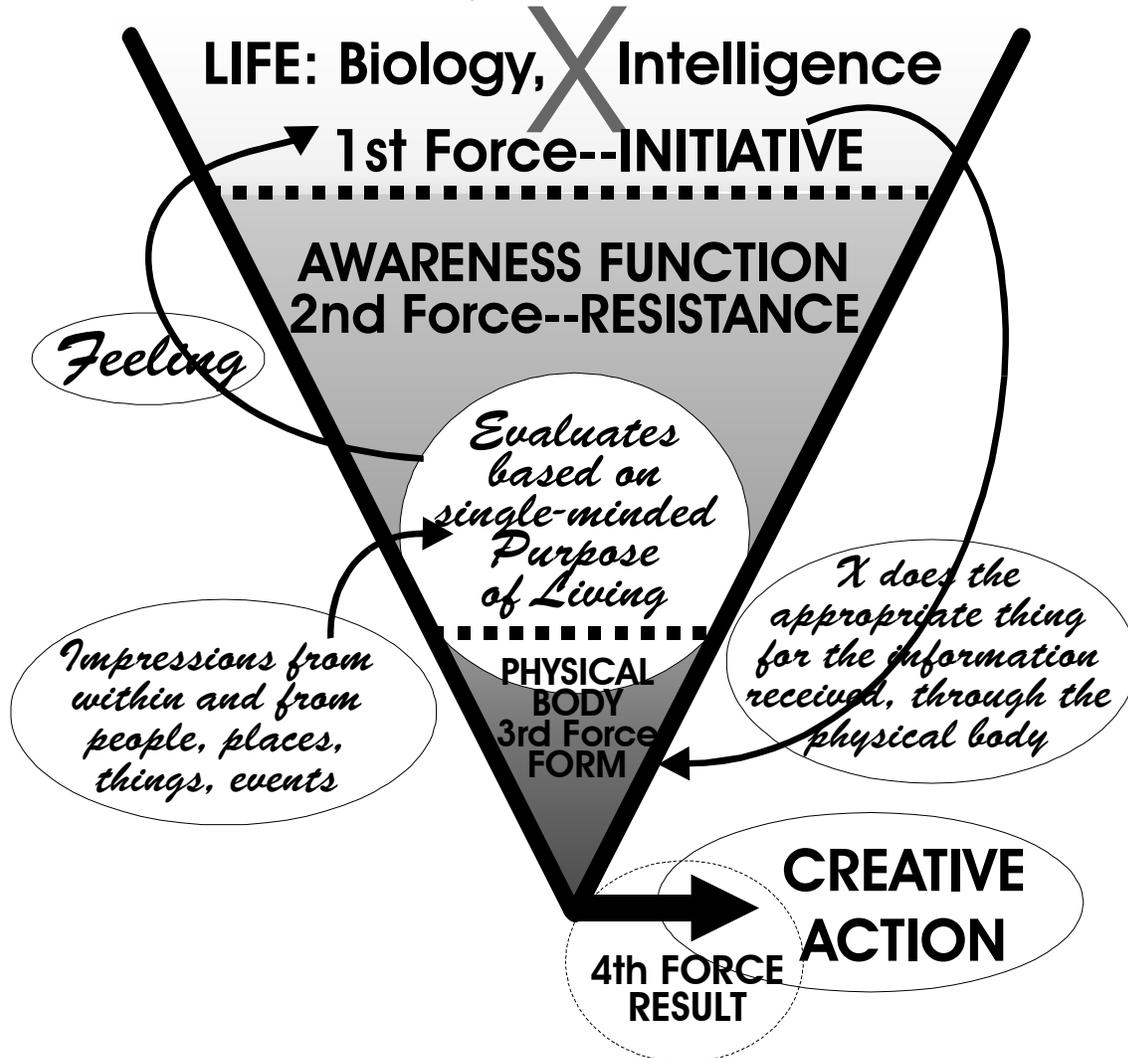
"Qabalist teacher Ann Davies told a story about a U.S. Army general negotiating with a cannibal chief in New Guinea during World War II. The general wanted the chief to rally his tribe to help American troops fight the Japanese. The chief refused, calling the Americans immoral. The general was shocked. "We are not immoral!" he protested. "The Japanese are immoral!" The cannibal chief replied, "The Japanese and Americans are equally immoral. You both kill far more people than you can eat.' Using this tale as your impetus, describe how parts of your own moral code are not rooted in an absolute standard of what's good and evil, but rather bound by the idiosyncrasies of your culture and historical era." ~Rob Brezsny

Charles Darwin said the "survival of the fittest" is a central factor in the process of evolution. What exactly did he mean by that? he makes it clear in his book, *The Origin of the Species*: "It is not the strongest of the species that survive, nor the most intelligent, but the ones most responsive to change."

"1. If the game is rigged so you can't win, find another game or invent your own. 2. If you're not winning because you don't know the rules, learn the rules. 3. If you know the rules but aren't willing to follow them, there's either something wrong with the game or you need to change something in yourself. 4. Don't play the game in a half-baked way. Either get all the way in or all the way out. 5. It shouldn't be necessary for others to lose in order for you to win. If others have to lose, reevaluate the game's goals." ~Garry Hamilton, computer programmer

THE WAY of Intelligence

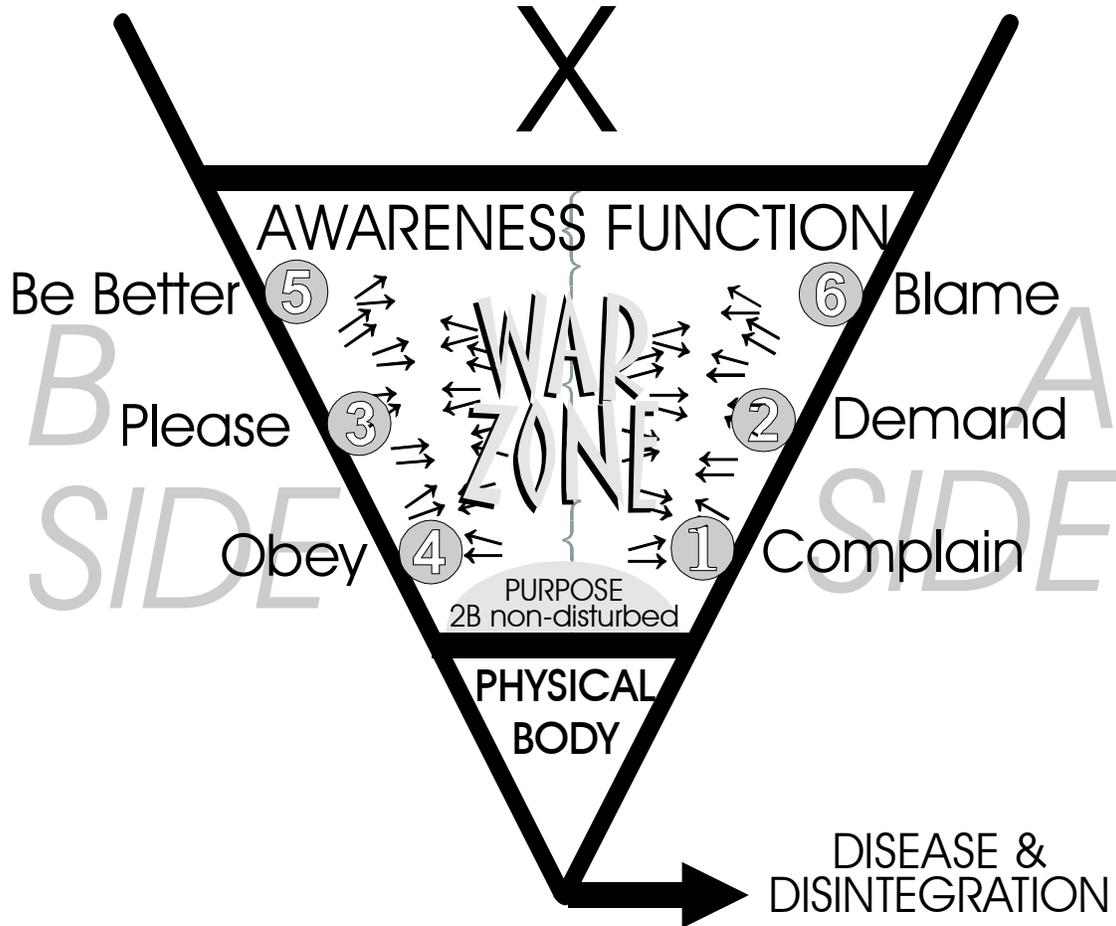
THE PICTURE OF MAN
as designed to function



A human being has four aspects, which are not separate but are interdependent. The first is the biological aspect of LIFE FORCE, called X here because it is not really definable--one knows it's there, one knows when it isn't, in any creature. So, as in algebra, an X is used to denote that something is there which cannot yet be precisely defined. Next is the AWARENESS FUNCTION, which is the senses but more than the senses when developed. A developed Awareness Function is more than the "programming" of the brain, it determines feelings. The third aspect is the MOTOR FUNCTION, the PHYSICAL BODY through which life is lived. The fourth aspect is the ACTIVITY of the whole. When a single-minded purpose is the foundation of a person's life, there is no conflict and he or she functions with all aspects in harmony. The person is at ease.. The Awareness Function receives impressions from within and without, from other people, places, things, events. It forms a feeling about those impressions which it does not choose to ignore, and the feeling is in tune with the purpose of living. The feeling of Awareness is a medium of communication with the Life Force, X, which responds appropriately through the Physical Body to the information received, and Action ensues.

The Way of the World

THE PICTURE OF MAN
with purpose of living to be non-disturbed



Few people function as the human being was designed as in the previous diagram. When an infant is born, the trauma of leaving the non-disturbed uterine world is reacted to with a feeling that the whole purpose of living is to regain the non-disturbed state. That decision becomes the attitude and action from then on. As he grows, the child makes more decisions as to how to gain his purpose of non-disturbance. He complains, which works for an infant. When one day this fails to work, he sticks up for his "rights", or demands non-disturbance. (These begin the A-side of the Picture of Man.) Eventually he finds that pleasing people sometimes gets him his way. (This begins the B-side.) At this point conflict sets in. He wants to cry "but" feels he "should" please. Then he sees parents, teachers, others as authorities. This is understandable for a child and helps keep him safe. It is not adult behavior, however. The continual conflict between what he wants to do and what he "should" do (conflict between A-side and B-side) intensifies and he feels if he would improve, things would be better. This doesn't work, either, and he blames everyone and everything for his disturbances, living in conflict, except when distracted. Conflict is felt by the Awareness Function to be an emergency. This false emergency is communicated to the Life Force, X, which always does the appropriate thing FOR THE INFORMATION RECEIVED, in this case supplying energy to fight or run. If this mobilized energy is not used in violent activity, it disintegrates the body; using emergency energy in a non-emergency is unusual behavior; neither is harmonious living. Eventually disintegration ensues.

Reference Section

THE WAY of Intelligence

THE FOUR FORCES

INITIATIVE

First Force

Intelligence, Biological Factor, LIFE

RESISTANCE

Second Force

Always arises to meet Initiative in opposition, as opponents in a game; not “bad” but seen so when the purpose of living is to be non-disturbed because Resistance may be uncomfortable. Resistance is required for anything to develop.

FORM

Third Force

The manifestation of the play of Initiative and Resisting, producing:

RESULT

Fourth Force

How the above are experienced,
What’s done with/about it.

THE FOUR QUESTIONS

WHAT AM I?

WHERE AM I?

WHAT’S GOING ON HERE?

WHAT CAN I DO, IF ANYTHING?

THE FOUR GREAT GAMES

that operate by suggestion:

POWER POLICIES--Decrees what’s “in” and “out”

MEDICAL ARTS--Decrees what’s “normal” and “abnormal”

THEOLOGY--Decrees what’s “good” and “bad”

BIG BUSINESS--Decrees what’s “pretty” and “ugly”

Definition of SUGGESTION: a threat or promise; anything presented with a threat or promise

A human being is 100% SUBJECT TO suggestion 100% of the time, but can be free to ignore it.

Who's in Charge of My Attention?

Attention is Power

Jf we listen to the media, to our friends and neighbors, to almost any "news," we might have the impression that "The world is going you-know-where in a handbasket." And no doubt some of it is! (Not all of it, I can assure you.)

Like you, I listen to this all the time, especially from certain people (the gullible ones), and occasionally can be accused of clucking myself, "I told you so," especially about the "economic collapse."

But is this all that is going on? I challenge anyone who thinks so to check out a few things: some new architecture; CNN's "Hero" series; the proliferation of humane practice in animal husbandry... that Life may have been discovered on Mars... new inventions in trauma medicine saving lives that surely would have been lost without them... I could go on all day, and so could anyone willing to put their attention on other than the calamities at hand.

Yes, there ARE calamities at hand... and there are plenty of people paying them. This is not a typo (did she mean "paying them attention"?). It was to get your attention--when we put our attention somewhere, we are "spending" it, "paying it out." Paying implies "money" which is a marker of value, right?

One of the greatest gifts we have as humans, one of the most privileged attributes of awareness, is that WE can choose where to spend our attention, our great asset. And just like paying money, paying attention increases the net worth of the receiver.

The people paying calamities are keeping them going, or more likely are generating energy to fight or flee them, and do neither, so end up nervous wrecks.

We are certainly aware of these things and ought to be--we want to be informed. But we

don't have to dwell on them. We can say, "Yes, there it is... and I can rest assured that plenty are keeping them going, a few are working on them, they are in no danger of disappearing into the ether any time soon if I don't support them."

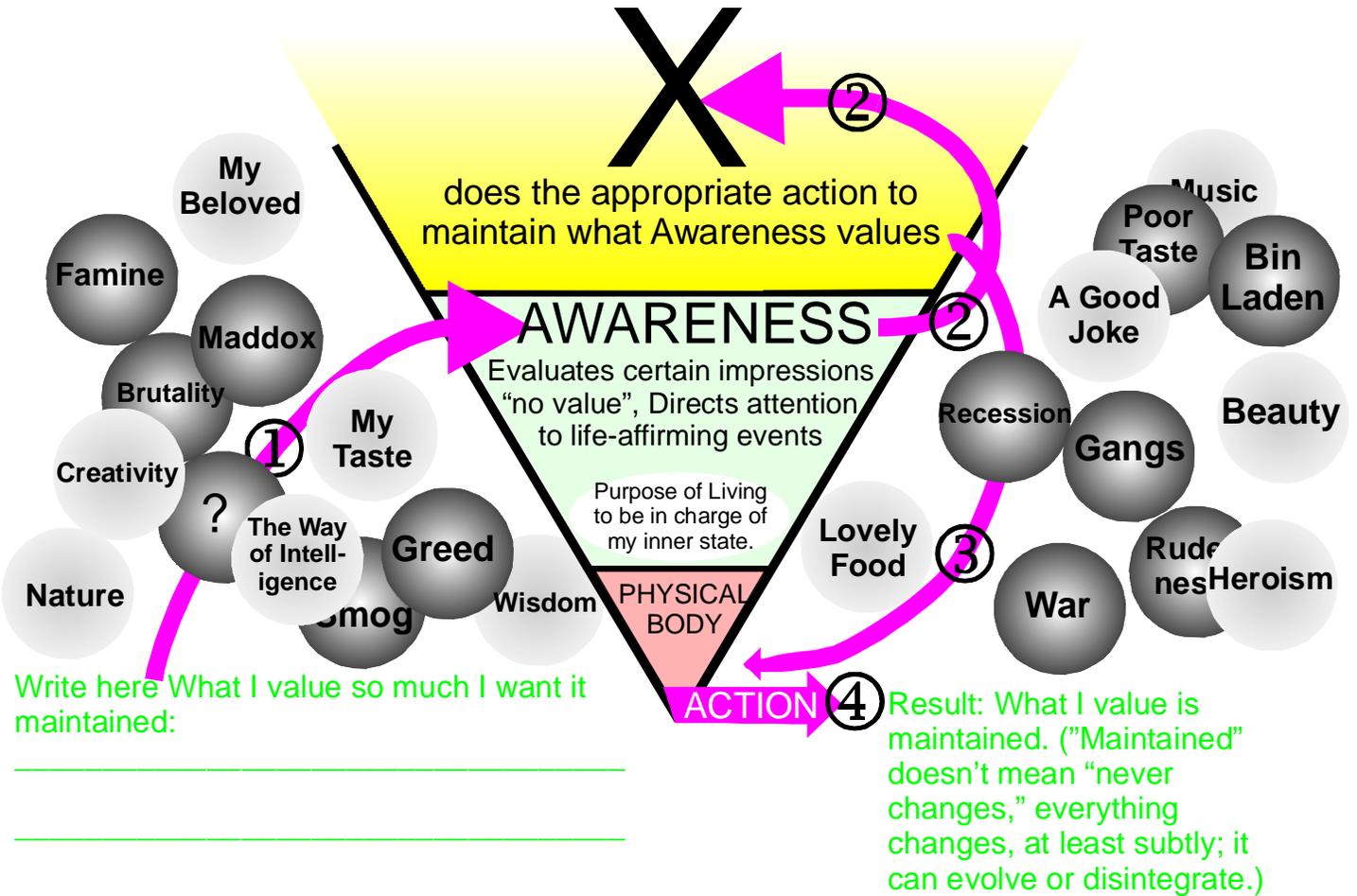
And then we can spend our privilege indulging the beautiful and beneficial things in life, if we want to. Many of them sorely neglected. I try to urge the Chicken Littles I know to go to the internet and check out the new architecture on Dubai, for instance. (Yes, forget the bigger picture here, what Dubai may or may not represent, etc. Let's just look at the architecture; if nothing else, Dubai appears to be a place where anyone in the world playing the Architecture Game can work out.) Did you know the 21st century has produced buildings that twirl? That appear to be living? Amazing stuff. How many people have really paid it any attention? Or let's say, what is the ratio of people marveling about new architecture and those freaking over the economy? One in a hundred? One in a million more like it?

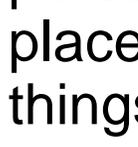
The amazing thing about our privilege of directing attention is that we can then evaluate what we are considering; put another way: we can tell Spirit whether its work is satisfactory or not! Yes, it is up to US to "grade" the Creator! And when we say It has done a good job, It does whatever is necessary to maintain this. Wow! Just consider it!

Following is a Picture of Man with this drawn in. Please check it out and see if you can find a flaw in it (or not). But do check it out for yourself. And then you can either toss it or start being in charge of your wealth, no one can steal it from you, and it will increase, and delight you no end.

P.S. "Maintain" does not mean "keep it from ever changing." All things change, at least subtly, usually even more. Which means it will evolve or it will disintegrate. Think about it.

Picture of Man Choosing What to Value



 = persons
 = places
 = things
 = events

Go to pictureofman.com for an animated, narrated, step-by-step video presentation of the Picture of Man.

"Black Sun, Light Sun"

Excerpts from a talk by Rhondell

Another word that is frequently used, of course, for God, is energy. We'll use "X". Now obviously you don't see what energy is, but you can see what energy does, is that correct? Energy has many many names.. another word for energy is power. That also correct? Now you see power? You can its work, right? You don't see power itself.

Now G. told us yesterday that there's a project of what? two million dollars, or two hundred million, to study anti-gravity. And every time somebody stands up, do you see anti-gravity at work? (laughter) So you should get two million for that, G., point it out, where it is. Tell them you have found the anti-gravity system and you'll be glad to point it out. It is called Life.

Did you ever notice that gravity as such is trying to make round balls out of everything? And anti-gravity grows up against the round ball, away from it. So all Life is going away from making a round ball, is that correct? So Life is the anti-gravity set-up. You stand up, you're going against gravity, right?

So when you see any expression of energy or per, you are seeing what? You don't see X, but you see what it does, and you know it's sitting right there, right? Do you see X in a man? No. But you can tell when it's out of the body, right? It ceases to resist gravity.

Now obviously we invented in our minds a God who was always good. According to my idea of good, right? But when you go out and look at power, energy, work, what do you see? It does lots of things, doesn't it?

Now how we decided about this, was that if it didn't do what I wanted it to do, and I see power displayed, I say it's the power of what? (Audience: The devil) And what would you suppose this concept idea of sacrilege means? That is attributing to some other force the power which you see exercised. is that right? Now if Awareness allows the unconscious to run the show, without reevaluation (which makes it conscious), what is its general activity? Is it destroying the form? Destroying everything around it? Is that "the devil" Or is that X? Who's furnishing the power? But the motivator is Awareness, which has no power, only information. Awareness gives information by the light that it has; X performs appropriately for the information received, is that right?

■ Can Cancer Go Away on Its Own?

In our zeal to fight cancer early, are we treating some tumors that might simply vanish? It's possible, according to a study of some 200,000 Norwegian women.

Researchers in Oslo and at the Dartmouth Institute for Health Policy and Clinical Practice in Hanover, N.H., compared breast cancer rates in two groups of women. One group had three mammograms over six years; the other had one. All the women were matched in age and reproductive history, so tumor rates in each group were expected to even out at the study's end. But the rate in the women who had one screen was 22 percent lower, leading researchers to speculate that some cancers had disappeared before they could be detected.

The findings, reported in the Nov. 24 *Archives of Internal Medicine*, are controversial and require more study, say some cancer experts. —S.M.

AARP BULLETIN JANUARY-FEBRUARY 2001

So you see, "the devil" is not such a powerful old cuss, he can easily be reevaluated that he has no power at all, except he can communicate with power. He's a "son of the power," right? And Awareness is a son of the power and it can communicate with it. But is so happens that when Awareness is conscious, "the devil" gets out of the way. It's intimidated by this, right?

Now when Awareness begins to be fully conscious and you see the purpose of it, would you see that display of energy in the way that you would care to see it? And many times you would see the display of energy or power in ways which wouldn't be pleasing.

Miscellany

Excerpt from a talk by Rhondell

And you're forming a feeling about it. Now all these feelings go to the life principle in the body. Now, the life principle seems to have as its MAJOR purpose, to maintain its awareness function and its motor function in workable order. That's the first thing it seems to be interested in. And it also seems to be interested in perpetuating its awareness function and its motor function into being.

So if this feeling says, "This is bad," it immediately begins to do something to escape it, change it, fight it, do whatever it does. Fight, run, chew, kick, do whatever. If it is something that is pleasing, it does everything it can to keep it going that way. So, for everything, it sends a neuroendocrine, not just nerves, uses the glandular system to send an impulse to the physical body, which is the motor function, to carry out the appropriate action that this feeling implied to have. Now the feeling comes from this awareness function says "I", it interprets about everything. It reevaluates everything. It sends it in as an evaluation, so you might say that the awareness function is, one of its prime things is to place value and judgment on things.

Now what it values and judges, of course, whatever its purpose might be at the moment. So basically its purpose is to do whatever it has determined is its purpose of being.

New Address

Jo those few of you who still send snail mail, please note our new mailing address:

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Pasadena CA 91107

Email me at HarmonyWorkshop@earthlink.net

Excerpt from J. Krishnamurti

"To be aware is to watch your bodily activity, the way you walk, the way you sit, the movements of your hands; it is to hear the words you use, to observe all your thoughts, all your emotions, all your reactions. It includes awareness of the unconscious, with its traditions, its instinctual knowledge, and the immense sorrow it has accumulated--not only personal sorrow, but the sorrow of man. You have to be aware of all that; and you cannot be aware of it if you are merely judging, saying, 'This is good and that is bad, this I will keep and that I will reject,' all of which only makes the mind dull, insensitive."
~J. Krishnamurti

Excerpts from HealingHandBook

(A work in progress)

No one heals and blames at the same time. If a healer is blaming anyone or anything, and the client improves, it was in spite of the "healer," not through the healer. The vibration of blame is low and disintegrating, antithetical to the vibration required for balancing.

Never patronize a "healer" who frightens you, either threatening you to change to their directions, or to set up a "rescue" situation. The essence of healing is to put the client at ease, period.

A healer leaves all her stuff at the door. She can always pick it back up on her way out.